



## NUTRITAB USER GUIDE



Terraillon®

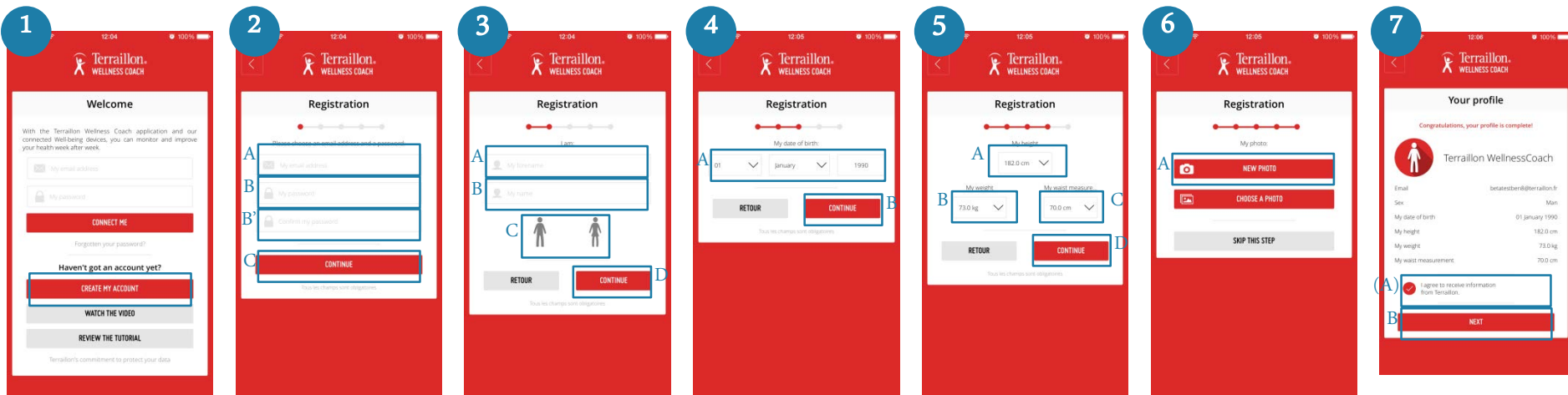
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# PROFILE

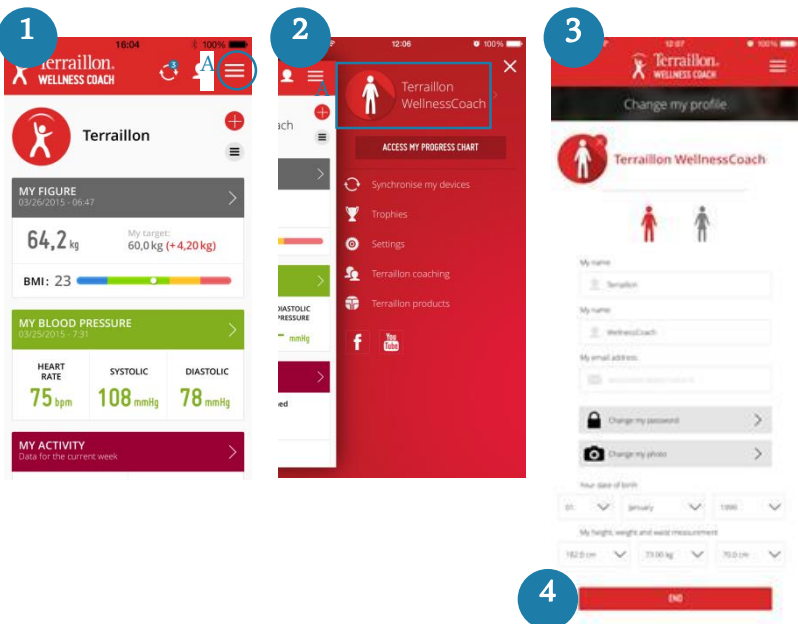


Terrailon®  
WELLNESS COACH

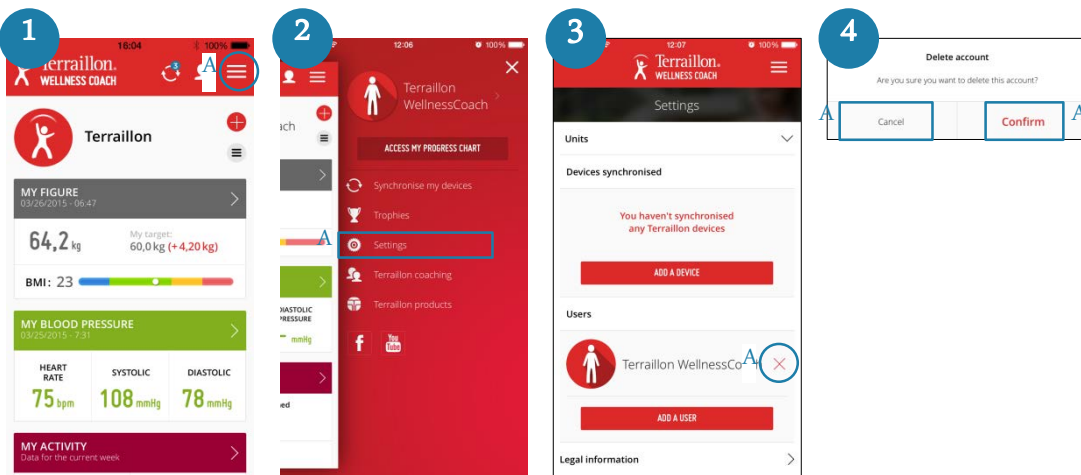


1. Click on "Create my account"
2. Enter a valid email address (you can receive password reminders via email) and a password (+ confirmation)
3. Enter the user's first name and surname and choose their gender
4. Enter the user's date of birth
5. Enter their height (used to calculate BMI), weight (used to recognise them automatically when they are first weighed) and waist size
6. Add a photo for the user (take a photo, add a previously taken photo or use a default Terraillon Avatar)
7. Summary of the information added. Check the box "I am happy to receive information from Terraillon by email" to receive information on new products and current offers. Click on Finish

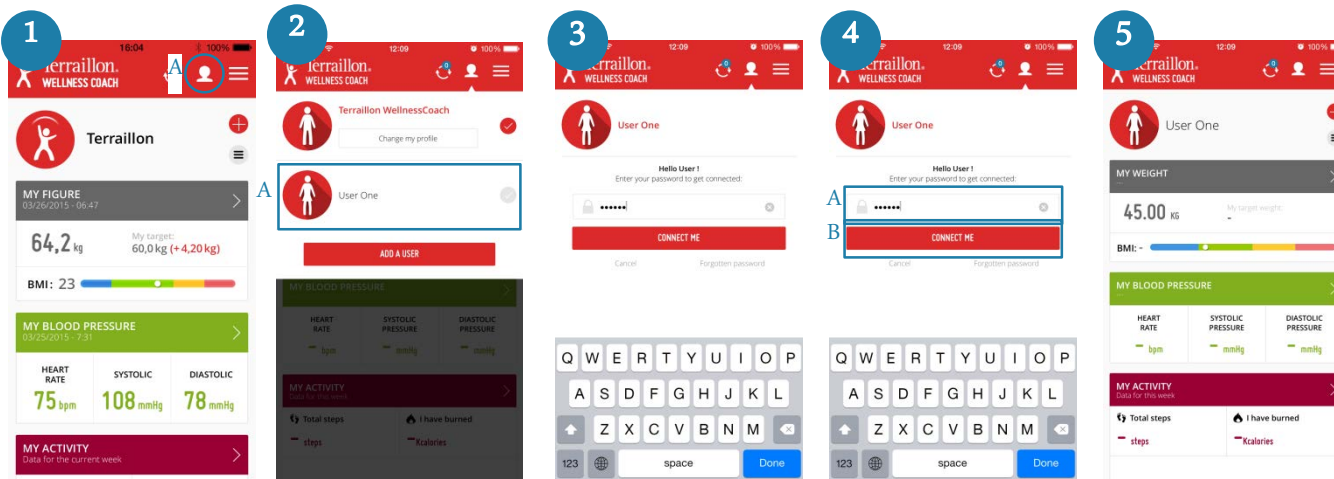
At each stage, click CONTINUE to move onto the next stage.



1. Click on the button at the top right to open the drop-down menu
2. Click on your name next to your photo
3. You can now edit: Gender / First name / Surname / Password / Photo / Date of birth / Height / Weight / Waist size
4. Once you have finished editing, click Finish



1. Click on the button at the top right to open the drop-down menu
2. Click on Settings
3. Click on the red cross next to the profile you wish to delete
4. Click "Confirm" to confirm you wish to delete it, or "Cancel" to go back

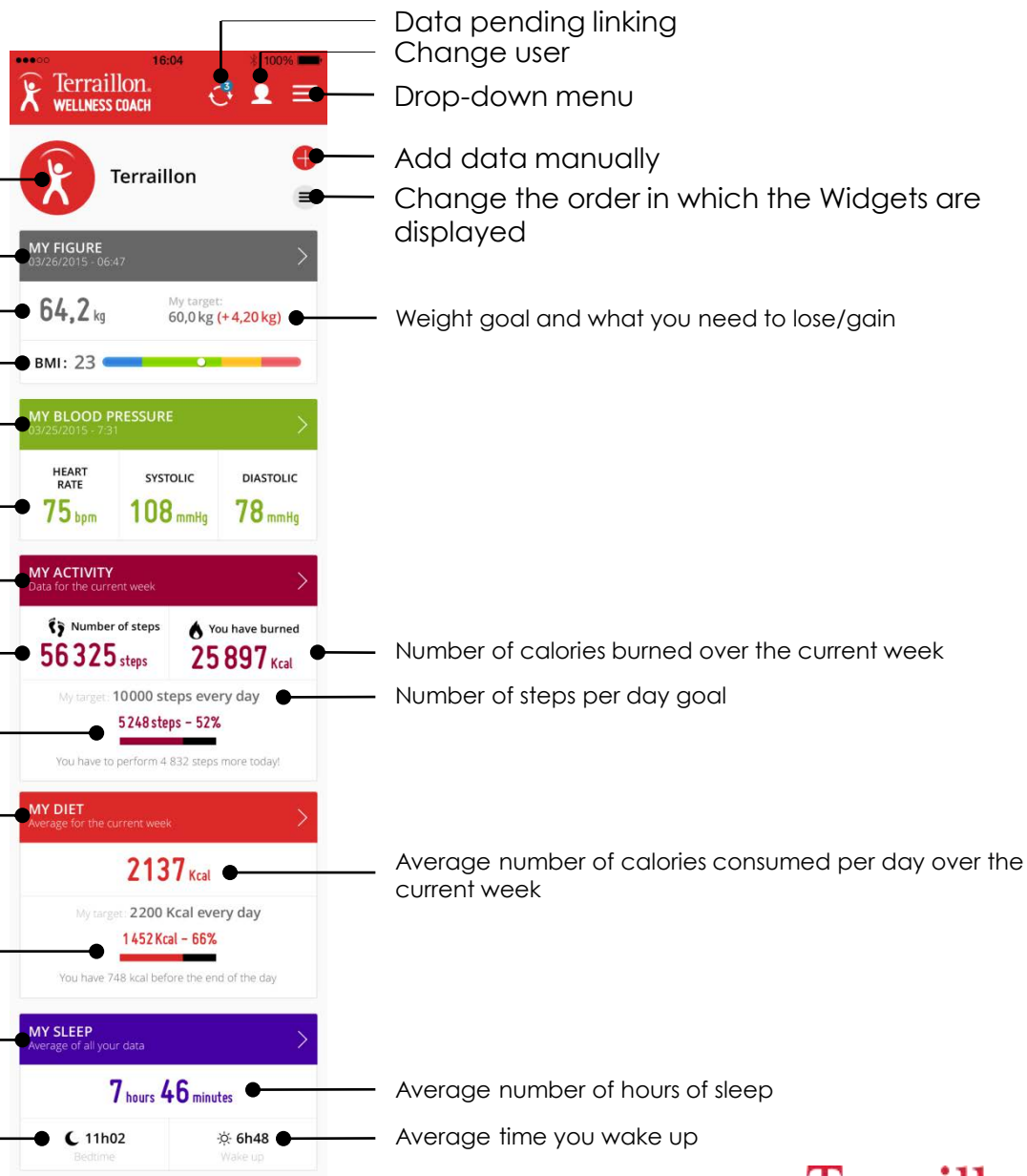


When the application contains several profiles, it is possible to move from one profile to another. In Wellness Coach each profile is made secure using a corresponding email address and password. You therefore need the password to move to a different profile.


1. Click on the User button at the top to display the active profiles in the application
2. Select a profile to open it
3. The application will request the password for the profile selected
4. Enter the profile's password. Click on Log Me In
5. The application will open the selected profile

# Dashboard Presentation






### Trophies



**5 pounds lost**


Trophie unlocked the 26/03/2015



**Super Marmot**

Trophie unlocked the 20/03/2015

SEE ALL THE TROPHIES



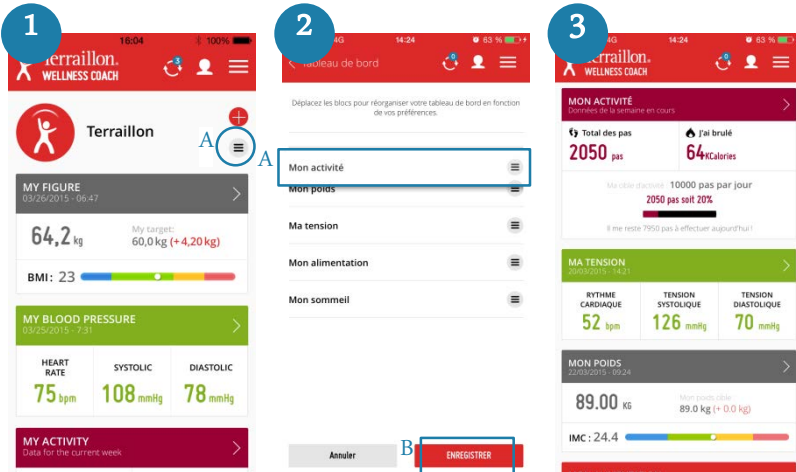
**Coaching Terrailon**  
Choose the type of coaching made for you and progress toward your fitness goals!

OUR COACHING QUESTIONNAIRE



Last trophies unlocked

See all the trophies unlocked / still to unlock

Start/Continue Terrailon coaching (well-being advice) - See "Terrailon Coaching" section for more information



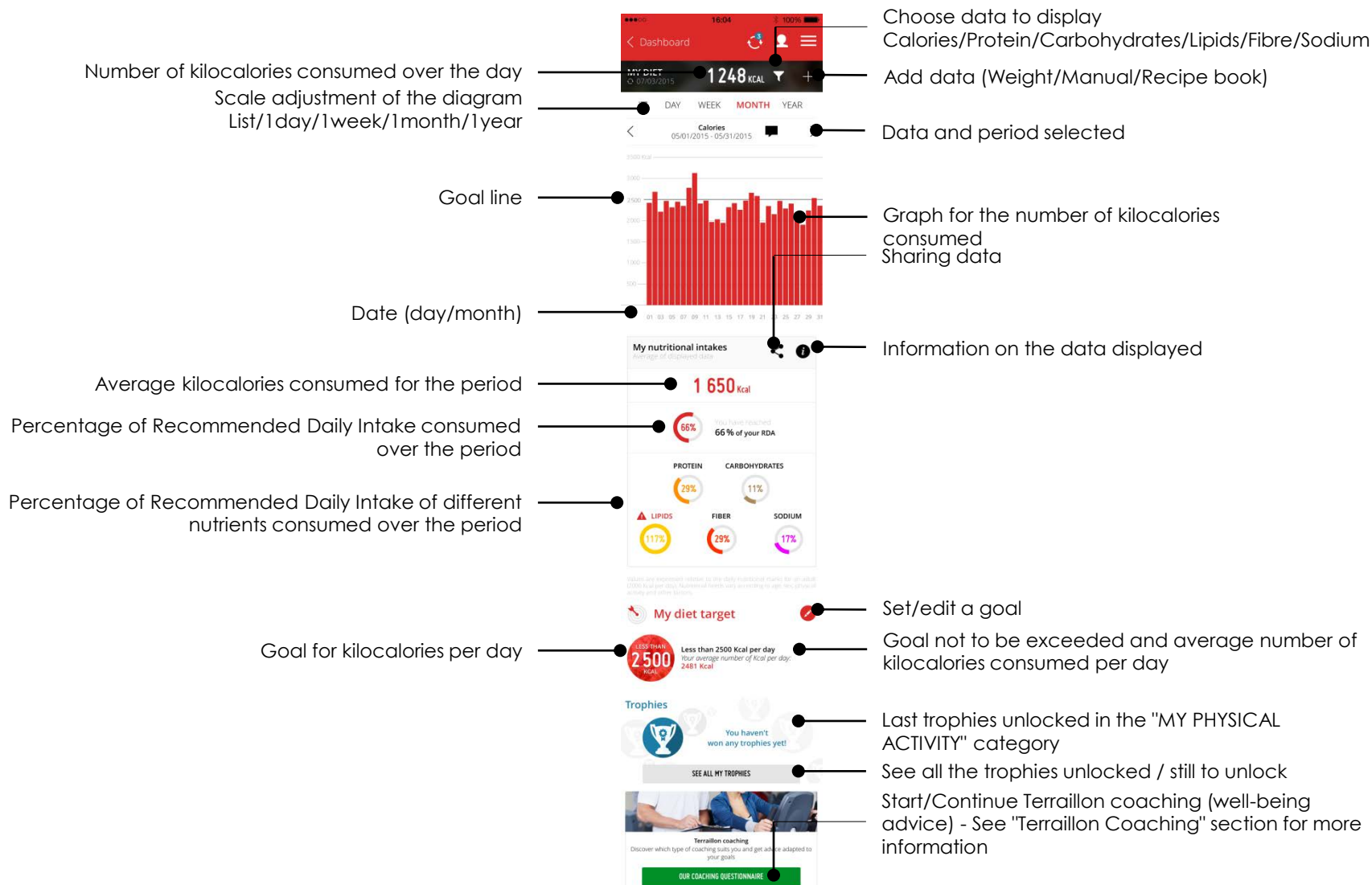
The default segment display order on the dashboard is: WEIGHT - BLOOD PRESSURE - PHYSICAL ACTIVITY - DIET - SLEEP. You can personalise the order in which they are displayed

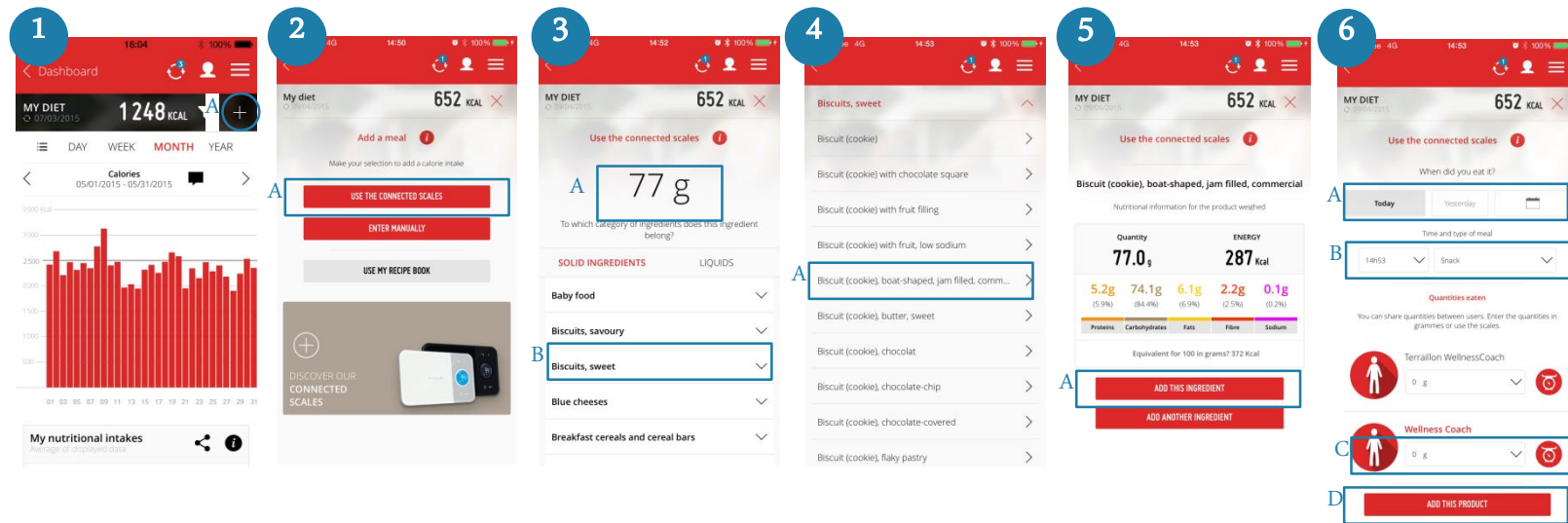
1. Click on  to reorganise the segments
2. With the  buttons, move the different segments to your chosen order (in the example: My Physical Activity is placed before My Weight). Click save to confirm the new arrangement.
3. The new display order is applied to the dashboard

# MY DIET

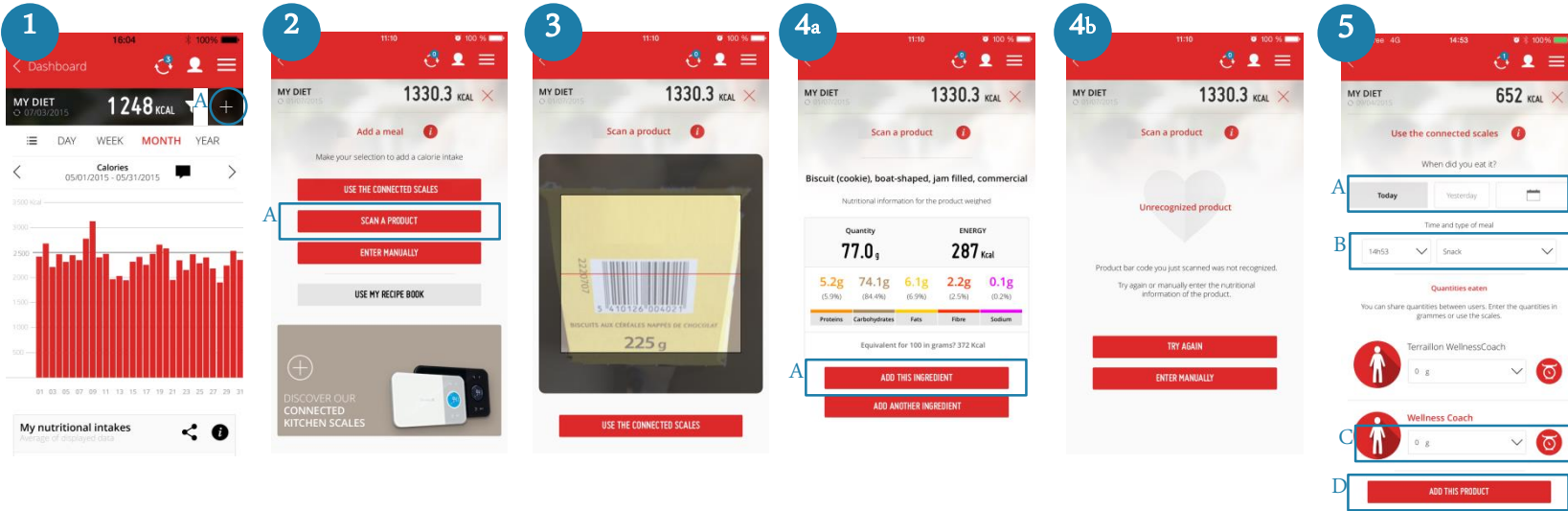


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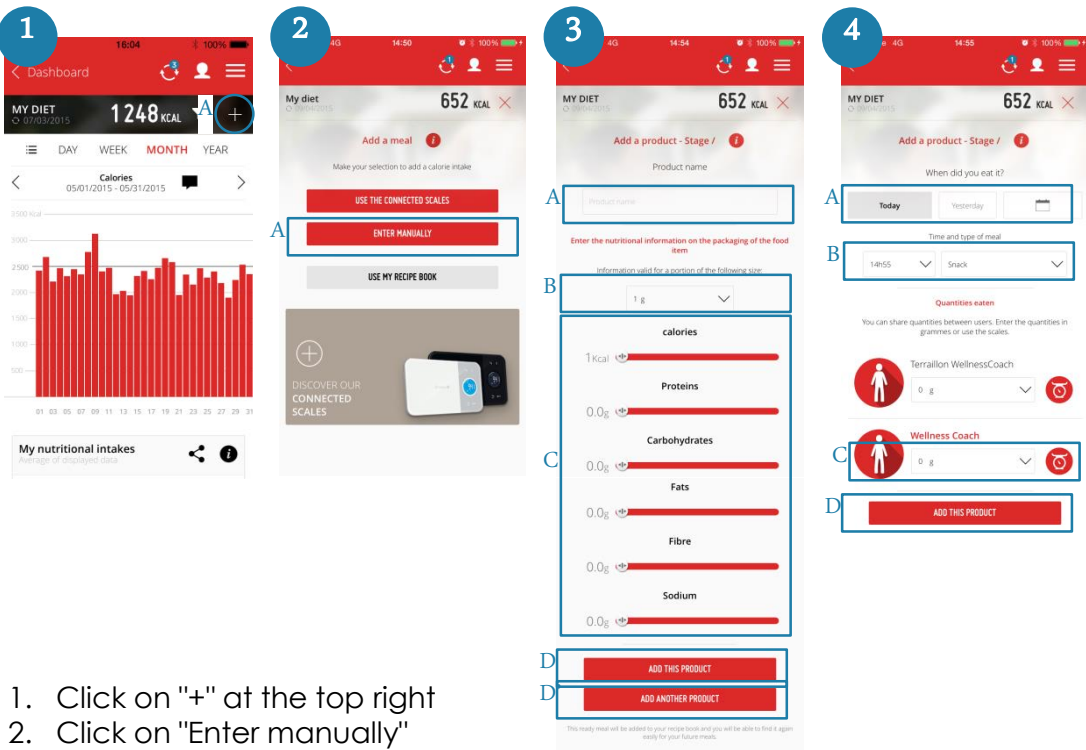




1. Click on "+" at the top right
2. Click on "Use the connected scales"
3. Place the food on the scale, the weight will be displayed in the application. Choose the food group.
4. Select the food
5. The application displays the nutritional value of the food for the quantity weighed. Click on:
  - a. "Add this product" to add it to the dashboard
  - b. "Add another ingredient" to create a recipe using several ingredients
6. To finalise the addition to the dashboard:
  - A. Add the date the food was entered: Today/Yesterday/Specific date
  - B. Enter the time and type of meal: breakfast/lunch/dinner/snack/light meal
  - C. Enter the quantity consumed to the profile(s)
  - D. Click "Add this product"

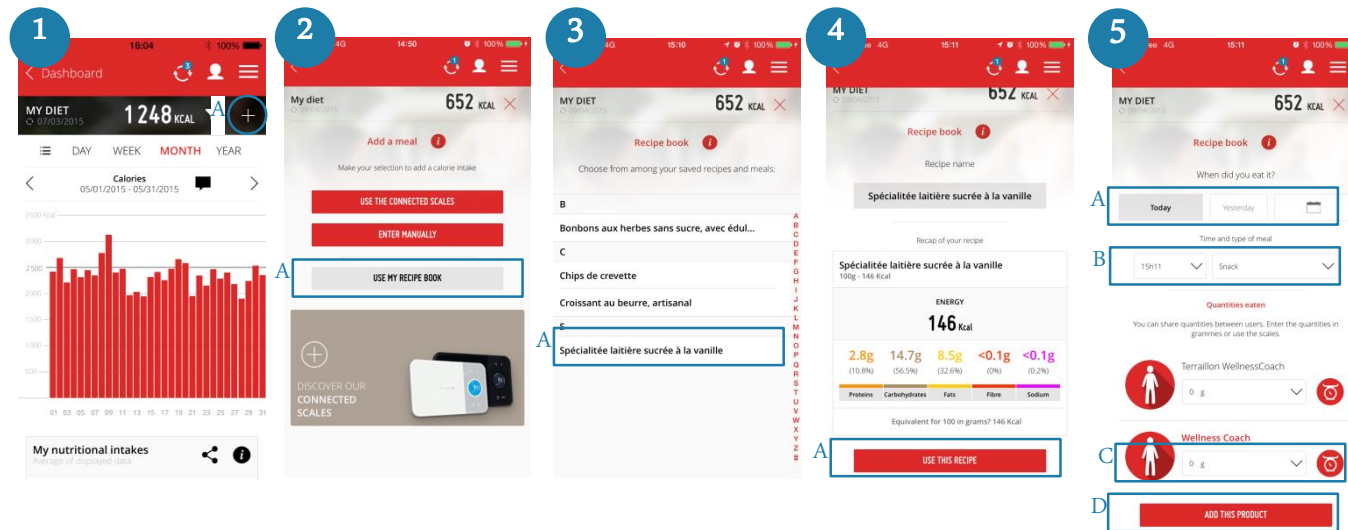


1. Click on "+" at the top right
2. Click "Scan a product"
3. Place the camera of your smartphone in front of the barcode of the ready meal
4. There are two possible scenarios:
  - a. The application recognises the product and displays its nutritional value. Click on "Add this product" to add it to the dashboard or "Add another ingredient" to create a recipe using several ingredients
  - b. The application doesn't recognise the product. Start again or click "Enter manually" to add the ready meal manually using the nutrition information label.
5. To finalise the addition to the dashboard:
  - A. Add the date the food was entered: Today/Yesterday/Specific date
  - B. Enter the time and type of meal: breakfast/lunch/dinner/snack/light meal
  - C. Enter the quantity consumed to the profile(s)
  - D. Click "Add this product"



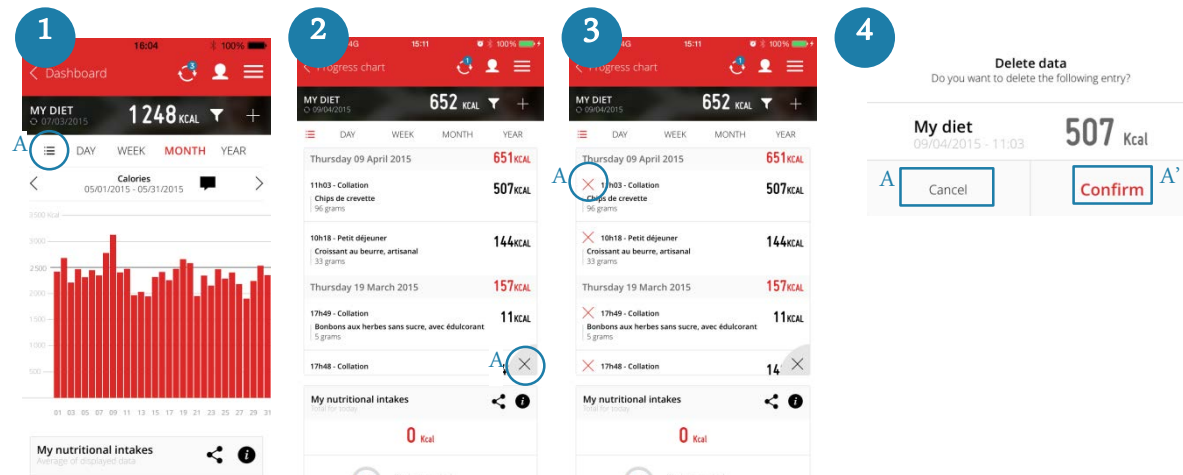
1. Click on "+" at the top right
2. Click on "Enter manually"
3. Enter the name of the ready meal, the quantity for which the nutritional values apply then, using the cursors, enter the nutritional values (calories, proteins, carbohydrates, lipids, fibre and salt).
4. Click on:
  - a. "Add this product" to add it to the dashboard
  - b. "Add another ingredient" to create a recipe using several ingredients
5. To finalise the addition to the dashboard:
  - A. Add the date the food was entered: Today/Yesterday/Specific date
  - B. Enter the time and type of meal: breakfast/lunch/dinner/snack/light meal
  - C. Enter the quantity consumed to the profile(s)
  - D. Click "Add this product"




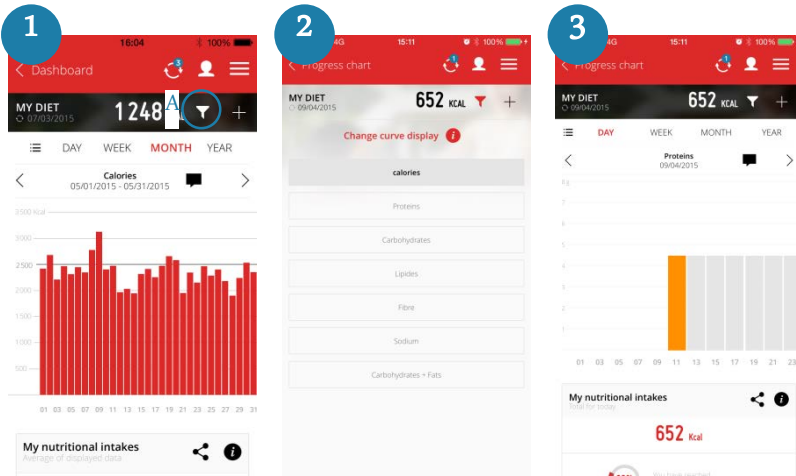



**Products scanned in or added manually and recipes created (using weighing scales or added manually) are automatically saved in the "My Recipe Book" section.**

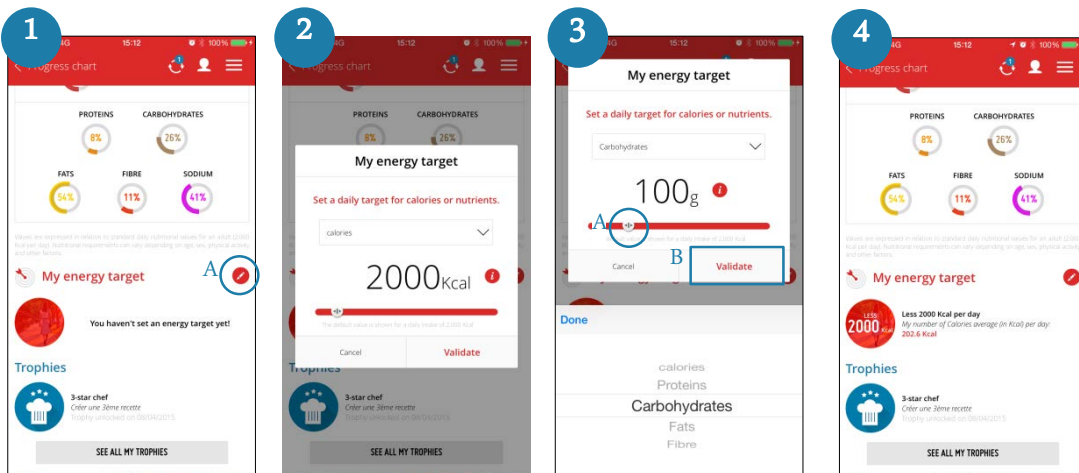
1. Click on "+" at the top right
2. Click on "Use my recipe book"
3. Select a recipe from the list
4. The application displays the recipe's nutritional values as well as the different foods it contains. Click on "Use this recipe"
5. To finalise the addition to the dashboard:
  - A. Add the date the food was entered: Today/Yesterday/Specific date
  - B. Enter the time and type of meal: breakfast/lunch/dinner/snack/light meal
  - C. Enter the quantity consumed to the profile(s)
  - D. Click "Add this product"




1. Click on  to go to List view
2. Click on the cross at the bottom right of the data table
3. Click on the red cross next to the data to be deleted
4. Click "Confirm" to confirm you wish to delete it, or "Cancel" to go back



1. Click on  to choose which data to display
2. Select the data to be displayed by clicking above
  - Calories
  - Proteins
  - Carbohydrates
  - Lipids
  - Fibre
  - Salt
  - Carbohydrates + Lipids
3. The data displayed on the graph are then edited and the colour of the graph corresponds to the data displayed



1. Click on  next to My energy target
2. Choose the data you wish to link to a goal (Calories, Proteins, Carbohydrates, Lipids, Fibre or Salt)
3. In the window that opens you can set your goal by moving the cursor. Click on Confirm to confirm this goal.
4. Your goal is now displayed. A line that represents this goal appears on the graph.

To change a goal, start the procedure again.

# Customer Service

If you have any questions or queries regarding the Terraillon Nutritab scale or the Wellness Coach application, please don't hesitate to contact our customer service department on 01442 270 444 or by email at [sales@terraillon.co.uk](mailto:sales@terraillon.co.uk)